

# Senior Connection ...

*Y o u r   L i n k   t o   L i v i n g   W e l l*

**Milpitas Senior Center News**

**November-December 2005**



## **Holiday Dance & Party**

**Sunday, December 11, 2005**

**Milpitas Community Center**

Come and celebrate the holidays in style! The Milpitas Senior Center's annual Holiday Dance and Party will be taking place with all the usual fun, food and dancing to the music of The Unicorn Band! Tickets are available now at the Senior Center (\$8 for Activity Card holders and \$10 for guests).

## **Senior Center Closed**

The Milpitas Senior Center will be closed on the following City Holidays:

- Friday, November 11, 2005, for Veterans Day
- Thursday-Friday, November 24-25 for Thanksgiving
- Friday and Monday, December 23 and 26 for Christmas

## **Modified Holiday Hours**

The Senior Center will be open 9:00 am-2:00 pm during the last two weeks of December (December 19-30). During these weeks, only the lunch program and drop-in activities will be offered. Classes will not be held.



## **Now Showing ... Movie Mondays**

Starting Monday, November 7th, come join us for some snacks and a featured movie with friends on Monday afternoons at 1:00 pm! Contact the front office, or check out our new movie board for our weekly featured movie. Have a special request for a movie? Contact the front office at (408) 586-2775, and let us know.



**Milpitas Senior Center • 540 S. Abel Street (interim location)**

**(408) 586-2775 • TDD (408) 942-3292 • Open: Monday-Friday, 9:00 am-4:00 pm**

The Milpitas Senior Center welcomes all adults, fifty years and over. Class & trip participants must be a member of the Milpitas Senior Center. The fee is \$8.00 for the year (\$6 for Milpitas residents), and includes bi-monthly mailings of the Senior Connection Newsletter, trip and class participation, and discounts on events and activities.

Sponsored through the City of Milpitas Recreation Services [www.ci.milpitas.ca.gov](http://www.ci.milpitas.ca.gov)

**Potluck Suppers****Tuesday, November 15, 5:00 pm****Roast Turkey****Bingo at 6:00 pm** *Invite your friends to our evening Bingo Game!* (10 games, \$2 for 4 cards minimum buy in)**Sign-up Deadline: Thursday, November 10****Tuesday, December 13, 5:00 pm****Baked Ham****Bingo at 6:00 pm** - *Invite your friends to our evening Bingo Game!* (10 games, \$2 for 4 cards minimum buy in)**Sign-up Deadline: Friday, December 9**

An entree with drinks and place settings will be provided. Participants are asked to bring a side dish, such as vegetables, salad, bread or dessert (enough to serve 6 people). This event is free for Activity Card holders and \$2 for guests. Following dinner, guests are welcome to stay for the activity. Sign-up at the Front Desk, or call (408) 586-2775. Fee must be paid at sign-up. \*Potluck Suppers may be cancelled should a minimum participation not be met, so sign-up soon!

**Morning of Beauty**

Everyone deserves some time to relax and get spruced up. Are you interested in getting your hair done at a local beauty school, but have trouble getting there? Contact the Senior Center front desk at (408) 586-2775, to be placed on an interest list and we'll take care making the appointments and providing transportation.

**Attention Lunch Program Participants!****Changes to the Waiting List Procedures**

Effective Tuesday, November 1, we will no longer take waiting lists for lunch over the phone. If you would like to be placed on the lunch waiting list, the staff will begin taking names in person at 11:00 am.

To avoid the hassle of the waiting list, just call us at (408) 586-2775, by Noon the day before (Friday for Monday's lunch) to make a reservation and meal selection (see the daily choices in the menus at the back of this newsletter).

The Nutrition Staff thank you for your assistance in this matter!

**Shopping Trips****Tuesday, November 8 and****Monday, December 12**

Let's do a quick shopping trip to "Big Lot's." For those who have limited transportation resources, the Senior Center bus will leave the Senior Center at 10:45 am for you to shop at Big Lot's. The bus will return to the Senior Center at 11:30 am, in time for lunch services. There is no need to sign up, just be out at the front of the Senior Center to get on the bus.

**Upcoming Speakers & Presentations****Kaiser Policies in 2006****Thursday • November 3 • 11:00 am**

David Gonzalez, from Kaiser Permanente, will present and explain the new policies for Kaiser Permanente members for the year 2006.

**Medication Management and Communicating with Doctors****Thursday • November 10 • 11:00 am**

UCSF Nursing students will present information on medication management and helpful guidelines on what and how to talk to your doctors about medications.

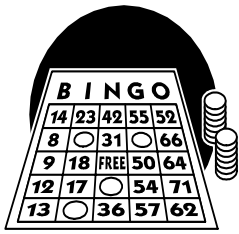
**Transitional Supportive Care and Bereavement Services****Thursday • November 17 • 10:30 am**

Kathryn Z. McNichols, M.ED., the Community Liaison Manager of Hospice of the Valley, will be on site to present information on its Transitional Supportive Care and Bereavement Services.

**Good News For Care Givers****Thursday • December 8 • 10:30 am**

Many of us eventually become care givers to family members. Kali Azariah, Executive Director of All Care Plus, Inc., will explain about the various necessary skills required of a care giver. Some of the skills include general care giving, home safety, positioning and movement of patients, assisting with personal care, healthy eating, caring for the care giver, legal and financial issues, and knowledge of the many complications associated with the elderly (such as Alzheimers, Dementia).

## BINGO!



**Bigger Pots! Door Prize! Come Check it Out!**  
**Wednesdays, 1:00-3:00 pm &**  
**Tuesday, November 15 and December 13, 6:00 pm**  
**(Potluck Suppers begin at 5:00 pm)**

Come test your luck and skills while playing BINGO at the Milpitas Senior Center. Cards are \$0.50 each with a minimum of \$2.00 per person. Splitting or sharing cards is not allowed. During the second half of the game, you may buy additional cards for \$0.25 each. If you don't play the first half of the game, but want to play the second half, the cards are full price, \$0.50. There are always goodies to win. See Page 2 for Potluck information.

## Drop-In Bridge and Mah Jong Games



Do you like to play Bridge or the tile game of Mah Jong? The Senior Center has several opportunities for you to play. On Mondays and Tuesdays, 10:00 am-12:00 pm, Bridge tables are set up for playing. Mah Jong tables are set up every day for playing. We also have many board games available, such as Backgammon, Checkers, Chess, Yahtzee and Dominos.

## “Sit & Be Fit” With Us!

**Monday & Thursday • 11:10-11:40 am**

Come exercise with us using gentle and non-threatening movements. This new Senior Center program uses the “Sit & Be Fit” videos to help you stretch and tone muscles, improve your balance and gait, and enhance the strength in your legs and arms. If you have limited mobility, these videos are perfect for you because they can be done while standing or sitting down!

## Mandarin-Speaking Programs

The following drop-in programs are offered at the Senior Center. These programs do not have registration fees and are open to everyone, but the instruction is in Mandarin. Translation is available upon request.

<b>Chinese Folk Dance</b>	Monday	10:00-11:00 am
<b>Chinese Karaoke</b>	Monday	1:00-3:30 pm
<b>Chinese Opera</b>	Monday	1:00-4:00 pm
<b>Yuen Chi Dance</b>	Tuesday	1:30-3:00 pm
<b>Chinese Crafts</b>	Monday	10:00-11:30 am
	Wednesday	10:00-11:30 am
<b>Ballroom Dance</b>	Thursday	1:30-3:00 pm
<b>Caligraphy</b>	Friday	9:30-11:00 am



## AARP Mature Driving Class

**Thursday-Friday, January 26-27, 2006**

**Thursday-Friday, April 20-21, 2006**

**10:00 am-3:00 pm • \$10.00**

**Milpitas Senior Center, 540 S. Abel St.**

Brush up on the rules of the road by taking this mature driver's course sponsored by the AARP. The eight-hour classroom course reviews the rules of the road and how aging affects your driving and safety on the road. Please note: The California Driver's Handbook is not reviewed in this class. Registration forms are available at the Milpitas Senior Center, or by calling (408) 586-2775. Payment is required when registering (checks made payable to: City of Milpitas). Lunch is available for those enrolled in this class, please inform staff when registering for the class. Suggested donation is \$2.00 for each meal (payable on the day of lunch). Sign up early, space is limited.

**New!**

## One Day Craft Workshops

The Senior Center staff is preparing some craft projects for you to do on your future visits. Flyers will be posted in the Center announcing the project, date, and material fee cost (if any). In most cases, there will also be a sample so you can see a finished product!



If you see something you would like to make, be sure to reserve your space by signing-up at the Front Desk!

These classes are offered for your enjoyment and benefit. Class participants must be a current Milpitas Senior Center Activity Card Holder.

**Class Payment Policy:** Registration is on a first come, first serve basis, and full payment is required prior to attending the first class. Early registration is recommended due to the popularity of the classes. **Registration for the January sessions begins December 19.** The office will open at 8:30 am on the first day of registration. Refunds will not be issued to participants who miss scheduled classes. Class fees are calculated at \$1.25 per hour of instruction.

**Registration for the January session of classes begins 8:30 am on Monday, December 19.**

## ART CLASSES

### Oil Painting

Learn brush strokes, mixing colors and painting on a canvas. Express your artistic creativity in this wonderful class. *Supply List available at Front Desk for new students.* Instructor: Mary Meacham



#### Art I

January 9-30 Monday 9:15-11:45 am  
\$9.35 (3 classes) Sr Ctr Art Room  
(No class January 17)

#### Art II

January 9-30 Monday 1:00-3:30 pm  
\$9.35 (3 classes) Sr Ctr Art Room  
(No class January 17)

#### Art III

January 4-25 Wednesday 9:15-11:45 am  
\$12.50 (4 classes) Sr Ctr Art Room

#### Art IV

January 4-25 Wednesday 1:00-3:30 pm  
\$12.50 (4 classes) Sr Ctr Art Room

### One-Stroke Painting

Learn the popular One-Stroke Painting technique. You can use it on paper mache boxes, tin, wood, candles, glass, ceramics, or greeting cards. The supply list is available at the Senior Center office.

Instructor: Ann Tinkler

January 5-26 Thursday 1:00-3:00 pm  
\$10 (4 classes) Sr Ctr Art Room

### Chinese Brush Painting

This class explores the beauty of the Chinese brush painting. You'll learn how to paint flowers, birds, insects and landscapes on rice paper. You will learn the proper way to handle ink, water and color. Continuous weekly lessons start with basic strokes through step-by-step demonstrations. Students get to practice brush strokes in class and learn the unique style of Chinese brush painting, which can calm you and help build inner strength. Instructor speaks both English and Mandarin Chinese. Instructor: Betty Ling

Level 1 & 2 January 6-27 Friday 1:00-3:30 pm \$12.50 (4 classes) Sr Ctr Art Room

## DANCE CLASSES

### Hula Dancing

Learn the moves of the Islands by moving your hips and swaying your arms to the rhythm of the music.  
Instructor: Connie Kasik

January 4-25 Wednesday 11:00 am-12:00 pm  
\$5 (4 classes) Sr Ctr Dance Room

### Line Dancing

Learn the Electric Slide and other Country-Western line dances. This is a great class to learn and stay in shape. Instructor: Connie Kasik

#### Beginning

January 6-27 Friday 10:00-11:00 am  
\$5 (4 classes) Sr Ctr Dance Room

#### Intermediate

January 6-27 Friday 11:00 am-12:00 pm  
\$5 (4 classes) Sr Ctr Dance Room

### Tap Dance

This class is a great opportunity to keep moving, meet other people, and get some exercise.

Instructor: Connie Kasik

January 4-25 Wednesday 10:00-11:00 am  
\$5 (4 classes) Sr Ctr Dance Room





**Ballroom Dance**

Learn the beginners level (including technique and posture) of Waltz, Foxtrot, Tango, Merengue, Rumba, Cha-Cha and East Coast Swing. No need to have a partner since class will rotate partners. Come exercise your body, posture and mind for health reasons and have a good time as well. Just be patient with yourself, before you know it, you'll be dancing on air. Advanced levels will be added to meet students needs.

Instructor: Erlinda Sabado

January 3-24      Tuesday      10:00-11:00 am  
\$5 (4 classes)      Senior Center Dance Room

January 3-24      Tuesday      11:00 am-12:00 pm  
\$5 (4 classes)      Senior Center Dance Room

**CHINESE/ENGLISH CLASSES****English for Chinese Speaking**

Learn English from Chinese speaking instructors.

**Beginning Level** - Instructor: James Hsu

January 3-24      Tuesday      9:30-11:30 am  
\$10 (4 classes)      Senior Center Class Room

**Beginning Level** - Instructor: Amy Dung

January 5-26      Thursday      9:30-11:30 am  
\$10 (4 classes)      Senior Center Art Room

**CITIZENSHIP CLASSES****Citizenship Class**

Do you want to become a United States citizen? This class will help you learn what you need to pass the test.

**Beginning Level** - Instructor: James Hsu

Jan 9-Mar 27      Monday      9:30-11:30 am  
\$22.50 (9 classes) Senior Center Class Room  
(No class January 16, February 13 and 20)

**MUSIC CLASSES****Beginning Guitar**

This beginning guitar class will offer instruction in the following areas: Guitar tuning and ear training; Basic guitar theory, time and key signature; Sight reading of music and playing guitar from notation on treble clef; 3 Note chords; Rhythm studies and strums; Accidentals and natural signs; Notating scales and chords and playing same; Notes on the fingerboard; and the musical language as applied to this class. Required books and additional musical equipment options will be discussed at first class.

**Beginning (Level 1)** - Instructor: James Shelton

January 3-24      Tuesday      1:30-2:30 pm  
\$5 (4 classes)      Senior Center Class Room

**Guitar - Advanced Beginning & Intermediate**

Play the guitar by learning the cords and reading sheet music. The Adv. Beginning Guitar class is designed for students who have had some experience playing and offer basic guitar and key instruction. The Intermediate Guitar class is open to the more advanced guitarist and for those Adv. Beginners who are ready to move to the next level. Adv. Beginners or new Intermediate students wishing to register for the Intermediate class must schedule an audition with the Intermediate Guitar Instructor, prior to registering for the Intermediate class. The Intermediate class travels several times each session to perform at offsite locations.

**Adv. Beginner (Level 2)** - Instructor: Bal Daquigan

January 6-27      Friday      12:00-1:00 pm  
\$5 (4 classes)      Senior Center Class Room

**Intermediate (Level 3)** - Instructor: Chris Shahin

January 6-27      Friday      11:00 am-12:00 pm  
\$5 (4 classes)      Senior Center Class Room

## Trips - Day and Overnight

- Trips may be cancelled due to low enrollment. If trips are not rescheduled, a full refund will be issued.
- Trip Refund Policy: Refunds will not be issued for trip cancellations unless the seat is resold.
- All trip participants must have a current Milpitas Senior Center Activity Card.
- Trip participants with disabilities are encouraged to use Outreach and Escort or other means of transportation to get to and from the Milpitas Senior Center for trips. Milpitas Senior Center staff is unable to provide participants rides to and from their homes.
- Participants will board the bus in the order of registration (exceptions are made for physical limitations).

### Day Trips - At A Glance

Date	Time	Trip	Cost	Deadline
November 10	10:00 am-3:30 pm	De Young Museum	<b>TRIP FULL</b>	
December 6	10:00 am-3:30 pm	Treasure Island Culinary Academy	<b>TRIP FULL</b>	
December 8	12:00-4:30 pm	Ainsley House Holiday Tea & Tour	\$24	December 1
January 10	9:00 am-3:00 pm	Natural Bridges & Long Marine Lab	\$20	January 4
January 30	8:00 am-5:30 pm	Thunder Valley Casino	\$22	January 23
February 9	9:30 am-4:00 pm	National Steinbeck Center	\$35	February 2
February 27	8:00 am-5:30 pm	Black Oak Casino	\$18	February 21
March 27	8:00 am-5:30 pm	Jackson Rancheria Casino	\$26	March 20

### Overnight Trips - At A Glance

Date	Trip	Cost	Deposit	Deadline
May 22-23	Reno Overnighter 2006 at the Silver Legacy Casino Hotel	\$73 /\$94 dbl/sngl occupancy	Full payment due	April 24

**Additional Overnight Trips Available - Call (408) 586-2775 to have a flyer sent to you!**

#### Milpitas Senior Center Ainsley House Holiday Tea & Tour

**Thursday, December 8, 2005 • \$24.00 per trip  
12:00-4:30 pm**

Celebrate the holiday season with us at the Ainsley House in Campbell. We'll see the enchanting atmosphere of this 1925 Tudor style house and see all of its rooms decorated into a holiday wonderland by local designers, decorators, florists and volunteers. Following the tour, we'll enjoy an relaxing holiday tea and treats in the Carriage House. \*Cost includes transportation, tour and lunch.

**Deadline is December 1, space is limited.**



#### Milpitas Senior Center Natural Bridges State Park & Long Marine Lab

**Tuesday, January 10, 2006 • \$20.00 per trip  
9:00 am-3:00 pm**

Rain or shine, we will venture to Natural Bridges to catch a glimpse of the Monarch butterflies in the groves of eucalyptus trees. At nearby Long Marine Lab, we will spend some time touring the exhibits of the marine life of Monterey Bay. \*Cost includes transportation, tours and lunch.

**Deadline is January 4, space is limited.**



## Milpitas Senior Center National Steinbeck Center

**Thursday, February 9, 2006 • \$35.00 per trip**

**9:30 am-4:00 pm**

Our trip to Salinas will feature a visit to the National Steinbeck Center and lunch at the boyhood home of the Nobel Prize winning author, John Steinbeck. The interactive museum contains exhibits showcasing *East of Eden*, *The Grapes of Wrath*, *Cannery Row* and many more. \*Cost includes transportation, museum and lunch.

**Deadline is February 2, space is limited.**



## Golden West Travel Reno Overnighter

**Monday-Tuesday, May 22-23, 2006**

**7:30 am departure, 6:00 pm approximate return**

**\$94 Single occupancy/\$73 double occupancy\***

Our overnight casino trip is back! Enjoy two days of casino play. During the trip, we'll play at the Nugget and stay overnight at the Silver Legacy. Before leaving for home, we'll stop off to play at the Cal Neva Casino. Additional trip details will be available in January.

\*Cost includes transportation and hotel room.

**Deadline is April 24, 2006, space is limited.**



## Milpitas Senior Center Mystery Trip

Could it be Paris? Maybe Rome? Or New York? What about Cupertino? Where we end up is a mystery! If you are up for an adventure, you'll enjoy this trip. But don't even think about asking the Senior Center staff for any hints, because our lips are sealed! Look for more trip details of date, time and cost in the January/February Senior Center Newsletter.

## Golden West Travel New Casino Trips in 2006!



Join in on these fun, one-day trips and try your luck playing at the different Indian casinos this year. On the way to the casinos, we'll play BINGO on the bus! Please Note: Food may not be taken into the casinos. Driver gratuity will be collected on the trip. Casino Player Cards are required to receive machine plays and food discounts/vouchers.

**Trips depart 8:00 am.** Approximate return is 5:30 pm  
**Deadline is 7 days prior to each trip.**

### Thunder Valley Casino

**Monday, January 30, April 24, August 28**

**\$22.00 per trip**

You'll receive \$5 machine play and \$5 food voucher.

### Black Oak Casino

**Monday, February 27, June 26, September 25**

**\$18.00 per trip**

You'll receive \$5 machine play and 10% off your food purchase.

### Jackson Rancheria Casino

**Monday, March 27, July 24, October 30**

**\$26.00 per trip**

You'll receive \$10 in cash, \$2 food coupon and 10% off gift shop purchases.

## Upcoming 2006 Collette Vacations Overnight Trips!

### Kindgom of Thailand

February 15, 2006 (14 days) • \$250 Deposit

\$1,999 dbl occpy / \$2,399 single occpy

Final payment due December 17, 2005

### Islands of New England

July 7, 2006 (8 days) • \$250 Deposit

\$1,849 dbl occpy / \$2,399 single occpy

Final payment due May 7, 2006

### Treasures of England

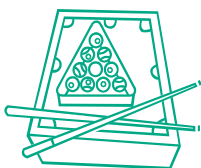
September 7, 2006 (8 days) • \$250 Deposit

\$2,149 dbl occpy / \$2,449 single occpy

Final payment due July 7, 2006

## Senior Center Game Room

The Milpitas Senior Center has its Pool Table back. It is located in the new Game Room and is available for playing during Senior Center hours. Be sure to write your name on the sign-up sheet each day you want to play!



## Table Tennis (Ping-Pong)



A Table Tennis (ping-pong) table is set up in the Game Room for drop-in play so you can challenge a friend to a game. Paddles and balls are available for you to use (although, a deposit of 25¢ may be required when excessive ball abuse occurs). On popular days, participants are asked to sign-in, and limit their games to 15 minutes, to allow everyone a chance to play. **Please Note:** The Ping Pong table is set up all day every day but is subject to change. On certain occasions when special activities are scheduled at the Senior Center, the Ping Pong table may not be set up.

## Sports Center Fitness & Aquatics Classes

These Fitness and Aquatics classes are held at the Milpitas Sports Center, 1325 E. Calaveras Blvd. Participation requires a Sports Center Fitness Pass or drop in fee (senior discounts available for Milpitas residents). Call the Milpitas Sports Center at (408) 586-3225 for information on their programs.



### Arthritis Aquatics

Mon/Wed/Fri 4:30-5:30 pm

### Exercise Classes - Fit Over 50

Mon/Wed/Fri 9:00-10:00 am

Mon/Wed/Fri 10:00-11:00 am

### Gentle Yoga

Tuesday 10:00-11:00 am

### Water Exercise

Mon/Wed/Fri 6:45-8:00 am

Mon-Thur 6:00-7:00 pm

Saturday 9:15-10:15 am

## Safety Corner

### Earthquake Safety Tips for Seniors

#### Before an Earthquake:

- Eliminate hazards. Make it as easy as possible to quickly get under a sturdy table or desk for protection.
- Special equipment, such as a telephone and life support systems, should be anchored. Tanks of gas (such as oxygen) should be fastened to wall studs.
- Keep a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members. Make sure you have this list with you at all times.
- Prepare to be self-sufficient for at least 3 days.
- Keep an extra pair of eyeglasses and medications with your emergency supplies.
- Walking aids should be kept near you at all times. Store extra walking aids in different rooms of the house.
- Put a security light in each room. These plug into any outlet and light up automatically if there is a loss of electricity. They continue operating for 4-6 hours and can be turned off by hand in an emergency.
- Make sure you have a whistle to signal for help.
- Keep extra batteries for hearing aids with your emergency supplies. Remember to replace them annually.
- Keep extra emergency supplies at your bedside.
- Find 2 people who will check on you after an earthquake. Tell them your special needs. Show them how to operate any equipment you use. Show them where your emergency supplies are kept. Give them a spare key.

#### During and After An Earthquake

- If you are in bed or sitting down, stay there. Use a pillow or blanket to protect your head. Hold on until the shaking stops.
- If you are standing, drop, cover and hold on or sit down. You could get thrown to the floor if you are standing.
- Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public officials and instructions.
- Be prepared for aftershocks.
- If you evacuate, call your family contact to let them know where you are going and when you expect to arrive.



## Case Manager Available Daily at the Senior Center

Lechi Nguyen, Case Manager, is available weekdays to assist seniors and the disabled in the following areas: Housing, Social Security, SSI, Medicare, MediCal, transportation, in-home care needs, health care, legal and insurance assistance and more. The Case Manager can also help you to apply for the State of California refund for home owners and renters assistance. Seniors who need assistance may call the Case Manager's office at (408) 586-2785 to make an appointment. Case Manager office hours: 9:00 am-12:00 pm and 1:00-4:00 pm, Monday-Friday. **Appointments are highly recommended and strongly encouraged!**

### Assistance Programs for Seniors

The Milpitas Senior Center Case Manager is available to assist seniors apply for many discount programs. To apply, or for more information, call (408) 586-2785.

### Low Income Senior Special Tax Exemption

This tax break program is offered to senior adults through the Santa Clara Valley Water District. The amount of exemption varies depending on the type of home, but is approximately \$43 for the average single family home and \$20 for a condominium.

To qualify for this program, you must:

- Be 65 years of age or older
- Own (or co-own) your residence
- Live in a single-family home, townhome or a condominium
- Income is less than \$35,400 a year

### Services Available at the Senior Center

The following services are available at the Senior Center on a regular basis.

- Bart Tickets (\$6 for a \$24 valued ticket)
- Blood Pressure
- Bus Pass Sticker, \$26.00 per month. VTA Senior/ Disabled ID Cards are required to use the sticker. Upcoming photo sessions at the Senior Center are November 1 and January 3, 10:00 am-12:00 pm.
- First class postage stamps sold (\$3.70, book of 10).
- Health Insurance Counseling (HICAP)  
Call (408) 586-2775 for an appointment.
- Legal Services (SALA) 2nd & 3rd Wednesdays, 1:00-3:00pm. Call (408) 586-2775 for an appointment.
- Outreach Transportation
- PG&E Payment Assistance Programs
- Project Match (housing) Call (408) 287-7121 for an appointment.
- Sick Room Aides-Walkers, wheel chairs, etc.
- Tax Appointments (February-April 15)

### Medicare Part D - Prescription Drugs

Starting January 2006, Medicare beneficiaries will have Drug Coverage Plans designed to help low income people with their prescription drugs. Companies that contract with Medicare for drug plans can have the flexibility in designing the benefits they provide, including the drugs they cover and the cost-sharing they charge. Those who want their Part D coverage to start in 2006, need to enroll before the end of December, 2005. The general enrollment period is November 15, 2005-May 15, 2006. People with Medicare who choose not to enroll when they are first eligible may have to pay a higher premium if they sign up later in a Part D plan. However, those who have drug coverage at least as good as Medicare Part D, might not have to play the penalty.

The prescription Drug Plan charges monthly premiums, an average of \$37.00 per month in 2006. The plan will also have annual deductible, co-payment and coverage limits. People with low income (under 150% of the federal poverty level: \$14,355 a year for an individual with assets under \$10,000, and \$19,245 a year for a couple with assets under \$20,000) may qualify for the "Low Income Subsidy" program. This will give them extra help in paying prescription drugs under Part D (costs include the Part D monthly premium, annual deductible and cost-sharing amount).

People who are on both Medicare and Medi-Cal will be automatically enrolled and assigned a plan, and they can switch their plan at any time according to their drug need. Their prescription drugs will no longer be covered by Medi-Cal.

Medicare and Medi-Cal recipients should be aware of scams (phone calls, door solicitation or letters from private groups). Do not sign up for Medicare Part D with these people or give out personal information. For more help, contact the Senior Center to schedule an appointment with HICAP or the Case Manager.

(Information Source: California Health Advocates / HICAP)

# NOVEMBER MENU 十一月午餐菜單

MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五
31-Oct 香腸三明治 1) Polish Sausage on Bun 玉米魚塊 2) Fish w/ Corn Sauce	1-Nov 白菜卷 Cabbage Roll	2 蘑菇肉丸 Country Meatballs	3 火腿芝士麵 1) Mac & Cheese w/ Ham 蒜汁雞 2) Garlic Chicken	4 炸魚排三明治 Filet of Fish Sand.
Chinese Chicken Salad or Cheese Burger available as alternates this week 本週同時也供應中式雞沙拉/起士漢堡				
7 醬汁牛肉餅 1) Creole Meatloaf 豬肉/蛋 2) Braised Pork w/ Egg	8 檸檬雞 Lemon Pepper Chicken	9 烤魚 Baked Fish w/ Tarter Sc.	10 1) Hot Turkey Sandwich 加哩雞 2) Curry Chicken	11 中心關閉 Closed for Veteran's Day
Chef Salad or Cheese Burger available as alternates this week 本週同時也供應主廚沙拉/起士漢堡包				
14 烤雞三明治 1) BBQ Chicken Sand. 薑蔥牛肉 2) Beef w/ Green Onion	15 醬汁牛肉 Roast Beef w/Gravy	16 燉豬肉 Pork Stew	17 蜜汁芥菜几 1) Honey Mustard Chicken 北京豬肉 2) Peking Pork	18 墨式牛肉玉米餅 Soft Beef Tacos
Chicken Salad or Cheese Burger available as alternates this week 本週同時也供應雞沙拉/起士漢堡包				
21 牛肉丸麵 1) Spaghetti & Meat Balls 豆豉雞 2) Black Bean Chicken	22 醬汁火雞 Rst. Turkey w/Cranberry Thanksgiving Meal	23 海鮮沙拉 Seafood Salad Plate	24 中心關閉 Closed for Thanksgiving	25 中心關閉 Closed for Thanksgiving
Chicken Caesar Salad or Cheese Burger available as alternates this week 本週同時供應凱撒雞沙拉/起士漢堡				
28 芥藍雞 1) Chicken Divan 獅子頭 2) Lion Head Meat Ball	29 醬汁牛肉 Roast Beef w/Gravy	30 醬汁雞肉 Teriyaki Chicken	1-Dec 牛肉麵 1) Macaroni & Beef Bake 風沙雞 2) Fung Sha Chicken	2 醬汁豬肉 Hungarian Pork Cutlet
Santa Fe Chicken Salad or Cheese Burger available as alternates this week 本週同時也供應墨西哥雞沙拉/起士漢堡				

營養午餐:每周一至五中午12點正

預定午餐留至11:30, 必需親臨簽名在後補者按優先順序

午餐隨奉牛奶,電話預訂午餐需提早一天中午十二點前

星期一,四為中式午餐及西餐

每週都有芝士漢堡及不同的沙拉可以預訂

建議午餐捐款 六十歲以上\$2.00,六十歲以下\$5.00

Milk Served -Low Fat, Non-Fat and Chocolate.

\$2.00 Suggested Contribution for Seniors 60 years and over. \$5 Guests

Call by noon the day before to make a lunch reservation.

Chinese meal available Mon & Thurs in addition to regular meal.

Salad Plate or Cheeseburger available daily.

Persons without reservations must be present to be placed on the waiting list.

Milpitas Senior Center 540 S. Abel St. (408) 586-2775

# DECEMBER MENU 十二月午餐菜單

MONDAY 一	TUESDAY 二	WEDNESDAY 三	THURSDAY 四	FRIDAY 五
28-Nov 芥藍雞 1) Chicken Divan 獅子頭 2) Lion Head Meat Ball	29 醬汁牛肉 Roast Beef w/Gravy	30 醬汁雞肉 Teriyaki Chicken	1-Dec 牛肉麵 1) Macaroni & Beef Bake 風沙雞 2) Fung Sha Chicken	2 醬汁豬肉 Hungarian Pork Cutlet
Santa Fe Chicken Salad or Cheese Burger available as alternates this week 本週同時也供應墨西哥雞沙拉/起士漢堡				
5 烤魚 Baked Fish w/ Tarter Sc. 洋芋燉牛腩 2) Beef Shank w/ Potato	6 醬汁豬肉 Roast Pork w/ Gravy	7 青椒饅肉 Stuffed Bell Pepper	8 磨姑雞 1) Chicken Marsala 八寶辣醬豬肉 2) Eight Ingredient Pork	9 燉火腿 Baked Ham
Chef Salad or Cheese Burger available as alternates this week 本週同時也供應主廚沙拉/起士漢堡包				
12 青椒洋蔥雞 1) Chicken Fajita 紅燒魚塊 2) Fish w/ Mushroom	13 醬汁牛肉餅 Meatloaf with Gravy	14 豬肉三明治 BBQ Roast Pork	15 燉牛肉 1) Beef Stew 陳皮雞 2) Tangerine Chicken	16 烤雞 Baked Chicken
Tuna Salad or Cheese Burger available as alternates this week 本週同時也供應鮪魚沙拉/起士漢堡包				
19 香腸三明治 1) Polish Sausage on Bun 醬汁雞肉 2) Roasted Chicken	20 白菜卷 Cabbage Roll	21 磨菇肉丸 Country Meatballs	22 假日餐--烤牛肉 Roast Beef Au Jus Holiday Meal	23 中心關閉 Closed for Christmas
Chinese Chicken Salad or Cheese Burger available as alternates this week 本週同時也供應中式雞沙拉/起士漢堡				
26 中心關閉 Closed for Christmas	27 檸檬雞 Lemon Pepper Chicken	28 烤魚 Baked Fish w/ Tarter Sc.	29 熱火雞三明治 1) Hot Turkey Sandwich 加哩雞 2) Curry Chicken	30 醬汁豬肉 Pork Cutlet w/ Applesauce
Chef Salad or Cheese Burger available as alternates this week 本週同時也供應主廚沙拉/起士漢堡包				

營養午餐:每周一至五中午12點正

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# Senior Connection ...

## Your Link to Living Well

MILPITAS SENIOR CENTER NEWS • NOVEMBER-DECEMBER 2005

### Upcoming Activities at a Glance

#### November

Nov 1: VTA Photos, 10 am-12 pm  
Nov 2: Bingo, 1:00 pm  
Nov 3: Speaker: 2006 New Kaiser Polices, 11:00 am  
Nov 4: Wally's Rhythm Rascals, 10:30 am  
Nov 8: Big Lots Shopping Trip, 10:45 am  
Nov 9: Bingo, 1:00 pm  
Nov 10: Speaker: Medication & Dr. Commumication, 11 am  
**DeYoung Museum Trip**  
**Nov 11: Senior Center Closed for Veterans Day**  
Nov 15: Birthday Party with The Bin's  
Potluck Supper & Bingo, 5:00 pm  
Nov 16: Bingo, 1:00 pm  
Nov 17: Speaker: Transitional Supportive Care &  
Bereavement Services, 10:30 am  
Nov 18: Wally's Rhythm Rascals, 10:30 am  
Nov 22: Thanksgiving Lunch  
Nov 23: Bingo, 1:00 pm  
**Nov 24-25: Senior Center Closed for Thanksgiving**  
Nov 30: Bingo, 1:00 pm

#### December

Dec 2: Wally's Rhythm Rascals, 10:30 am  
Dec 6: **Treasure Island Culinary Academy Trip**  
Dec 7: Bingo, 1:00 pm  
Dec 8: **Ainsley House Holiday Tea & Tour Trip**  
Dec 11: Senior Center Holiday Dance and Party  
Dec 12: Big Lots Shopping Trip, 10:45 am  
Dec 13: Birthday Party with Rosalinda Lively  
Potluck & Bingo Game, 5:00 pm  
Dec 14: Bingo, 1:00 pm  
Dec 16: Wally's Rhythm Rascals  
Dec 20: Holiday Lunch with The Bin's  
**Dec 23-26: Senior Center Closed for Christmas**  
Dec 27: Senior Advisory Commission Meeting, 1:30 pm  
Dec 30: New Year's Eve Party at Lunch Program

***Please Note: When visiting the Senior Center, please do not park in the Post Office's parking lot. Vehicles parked at the Post Office may be towed.***



Milpitas Senior Center  
457 E. Calaveras Blvd.  
Milpitas, CA 95035